

# DISTRICT PULSE



Rotary  
District 7545



## July 2026 Edition



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### CALENDAR

**July 6th @ 8:00am**

District Governor Office Hours

**July 23rd**

DG Visit to RC Fairmont

**July 27th @ 5:30pm**

District Governor Office Hours

(See more beyond this month below!)

### JULY THEME

#### Maternal & Child Health

Rotary members focus on improving healthcare access, providing medical equipment, and supporting education to ensure mothers and children worldwide survive and thrive. Check out Pg.4 for more!

# NOTE FROM THE DISTRICT GOVERNOR

I am both honored and humbled to begin serving as your District Governor. Rotary has been an important part of my life, and I am excited to embark on this journey alongside the dedicated Rotarians who make our District such a special place.

Before going any further, I want to thank District Governor Rick Macak for his leadership and contributions to the District over the 2025-26 Rotary year. Well done, Rick!

This Rotary year, I invite you to join me in what I am calling the Rotary Revolution, in honor of America's 250th Birthday. As Paul Harris said, "If Rotary is to realize its proper destiny, it must be evolutionary at all times, and revolutionary on occasion". A revolution is not about changing who we are—it is about rediscovering the power of who we can become. It is about embracing new ideas, strengthening.

Our clubs, engaging our members, and ensuring that Rotary continues to thrive for generations to come. The Rotary Revolution challenges us to think differently, act boldly, and create opportunities for every member to find purpose, connection, and impact through Rotary.

Throughout the coming year, we will place a special focus on engaging and empowering youth. Young people are not only the future of Rotary— they are making a difference today. Through Interact, Rotaract, Youth Exchange, RYLA, scholarships, mentoring, and community service, we have countless opportunities to inspire and develop the next generation of leaders.

The Rotary Revolution is also about growing stronger together. It means building vibrant clubs that welcome new ideas and new faces. It means creating meaningful service opportunities that inspire members to stay engaged, strengthening our commitment to The Rotary Foundation and expanding our impact both locally and globally.

As I travel throughout our district, I look forward to hearing your stories, learning from your successes, and celebrating the incredible work happening in every Club. I firmly believe that the greatest strength of Rotary is not found in our programs or projects—it is found in our people.

Together, we have an opportunity to create a year that is transformational for our Clubs, our communities, and our District. The Rotary Revolution begins with each of us choosing to lead, serve, and inspire.

Thank you for all you do to make Rotary stronger. I look forward to serving alongside you and witnessing the difference we will make together.

The journey begins now. Join the Rotary Revolution.

Yours in Rotary Service,

District Governor Julie Sawyer



# FROM THE DISTRICT CALENDAR



July 6th @ 8:00am	District Governor Office Hours
July 27th @ 5:30pm	District Governor Office Hours
October 23rd-25th	2026 Zones 33/34 Summit
April 22nd	2027 AG Seminar
April 23rd	2027 Presidents Elect Learning Seminar
April 24th	2027 District Learning Seminar
June 18th-20th	2027 District Conference

The district calendar is always changing, with important, fun, and great opportunities to engage with your district leadership, within the zone or beyond! Be sure to check back often, here in The Pulse or over on DACdb.

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## DISTRICT GOVERNOR OFFICE HOURS

As we begin a new Rotary year, I am excited to introduce District Governor Office Hours—an opportunity for Rotarians across District 7545 to connect, ask questions, share ideas, and discuss challenges in an informal setting.

Rotary is built on relationships, collaboration, and the sharing of experiences. Whether you're a Club President, a new member, a committee chair, or a longtime Rotarian, Office Hours are designed to provide an open forum where we can learn from one another and work together to strengthen our Clubs and communities.

These sessions are not formal meetings. Instead, they are a chance to have conversations about what is working in your Club, explore solutions to challenges, discuss District initiatives, and exchange innovative ideas that can help us all create greater impact. As District Governor, one of my most important roles is to support and serve our Clubs, and I want to make myself accessible throughout the year. District Governors serve as Rotary International's representative within the District, providing guidance, inspiration, and support to help Clubs succeed.

Whether you have a specific question, need assistance with a project, want to talk membership, Foundation giving, youth programs, or simply want to connect with fellow Rotarians, I encourage you to join us.

The Rotary Revolution is built on communication, collaboration, and action. DG Office Hours are another way we can come together as a more vibrant Rotary throughout District 7545.

I look forward to seeing you there and hearing your ideas as we Create Lasting Impact together.

### **Office Hours:**

1 st Monday of the month, 8:00am-9:00am

4th Monday of the month, 5:30pm-6:30pm

**Zoom links are on the DACdb Calendar**

# MEMBERSHIP MATTERS

As we begin the new Rotary year my commitment to our District's membership growth remains just as strong now as your District Membership Chair. In fact, I'll admit that I've capitalized on my previous district-wide perspective as your District Governor to bring successful club representatives onto the district team to increase capacity and enhance expertise to lend assistance where needed at the club level. The new Rotary year once again reminds us that membership is the engine that drives everything we do. Every project, every scholarship, every act of service begins with a Rotarian who chose to say yes. July invites us to renew that commitment, not only to Rotary, but to the future of our clubs and the communities we serve. A new year brings new energy, new opportunities, and a fresh chance to strengthen our clubs with people who share our passion for service and fellowship.

Growing Rotary today requires creativity, courage, and a willingness to try approaches that might look different. Think about new meeting formats, hands on service events that double as recruitment opportunities, partnerships with local organizations, or inviting younger professionals to lead projects that matter to them. Speaking of innovative approaches, how about a Discover Rotary event built around a hands-on charcuterie demonstration I witnessed last year that brought several members into Rotary. Consider alumni, former members, and community volunteers who already know our impact. When we open the door wider, and in new ways, we make space for people who may not have realized Rotary has a place for them.

So, my message for July is simple. Don't use the month to "get ready" for the rest of the year. Don't wait, each month is just as important as any other. Let's be bold, aggressive, and creative as we start the year to build some positive momentum. Have serious discussions within your clubs about how to attract new members while exploring your communities to seek out underrepresented segments. And there is certainly nothing wrong with encouraging the birth of new clubs, which is the fastest way to increase district-wide membership. Your District Membership Team is standing by to assist with any of this and is just a phone call away. Please make contact, we want to help!

iPDG Rick Macak  
District Membership Chair



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## MATERNAL AND CHILD HEALTH MONTH



Each year, Rotary recognizes July as Maternal and Child Health Month, highlighting one of Rotary's seven Areas of Focus. Around the world, Rotary members work to improve access to quality healthcare, education, and resources that help mothers and children live healthier lives. As we begin a new Rotary year, this theme reminds us that every child deserves a healthy start and every mother deserves access to quality care.

# ROTARY ZONES 33 AND 34 EPIC AWARDS

Rotary Zones 33 and 34 are encouraging Clubs to elevate their visibility and storytelling through the EPIC Award, which stands for Excellence in Public Image Coordination.

This annual initiative provides a clear, month by month roadmap to help Clubs strengthen their public image, share their impact, and engage their communities more effectively.

The EPIC Award includes monthly actions that Clubs must complete, guiding public image teams through key steps such as conducting a communications audit, creating a public image plan, building a content calendar, and sharing compelling stories and visuals that highlight Rotary in action. These structured tasks help Clubs stay consistent and intentional in how they promote their work and community impact.

Clubs that complete these activities are eligible for recognition at Bronze, Silver, Gold, or Platinum levels based on their level of participation and achievement.

Congratulations to three District 7545 clubs for earning the highest level of Platinum recognition for the EPIC Award: Cheat Lake, Elkins, and Newburg. Their commitment to telling Rotary's story and strengthening public image efforts sets a strong example across the District and beyond.

The EPIC Award is more than a recognition program. It is a practical tool to help Clubs build consistent messaging, expand their reach, and showcase the meaningful difference Rotary makes locally and globally.

Learn more and get started over on the Zone 33/34 [website](#).



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## POLIOPLUS GOAL: VACCINATING 500,000 CHILDREN

For more than 35 years, Rotary's PolioPlus program has led the global effort to eradicate polio worldwide. While we are closer than ever to a polio-free world, the fight is not over.

This year, our District has set an ambitious goal of helping vaccinate 500,000 children through support of the PolioPlus program. Every dollar contributed helps provide life-saving vaccines, fund immunization campaigns, and protect children from this devastating disease.



The goal is simple: ensure that every child has the opportunity to live free from polio. Together, through our commitment and generosity, we can move one step closer to making polio the second human disease ever eradicated.

When Rotarians unite around a common purpose, extraordinary things happen. Let's continue our legacy and help protect 500,000 children through the power of PolioPlus.

# THE GOLDEN GAVEL RETURNS!



This year, we are excited to bring back one of our District's favorite traditions—the Golden Gavel.

Established by the late Past District Governor George Eubanks of New Martinsville, the Golden Gavel was designed to strengthen fellowship and build connections between Clubs. By visiting another Club and sharing a program, service project, or special activity, Rotarians have the opportunity to learn from one another and celebrate the many ways Rotary serves our communities.

As part of the Rotary Revolution, the return of the Golden Gavel encourages us to reconnect across our District, share ideas, and build lasting relationships. With Clubs meeting in a variety of formats today, participation can be tailored to fit each Club's unique style and schedule.

The Golden Gavel is more than a tradition—it's a reminder that we are stronger when we work together. I encourage every Club to take part and help us strengthen the bonds that make our Rotary family so special.

Let's pass the gavel and continue the Rotary Revolution—one Club visit at a time.

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## READY TO SEE WHAT 'BIG' ROTARY LOOKS LIKE?

Just like many of you, when I joined my Rotary Club, that was all I knew at that time - the Club. In fact, for several years after joining, I still knew only the Club, and not really much more about Rotary beyond that level. Sure, I knew there was a District and that my Club was in it, and that Rotary was a worldwide organization, but I didn't really know what Rotary looked like outside of my Club.

It wasn't until being in Rotary for nearly ten years that my awareness of "big" Rotary increased dramatically. That was the year that Julie and I attended our first Rotary International Convention, held in Atlanta, GA in 2017. During that event, my eyes were opened to people who in many ways were very different than myself, but in just as many ways, were just like us.

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Sure, we were from hundreds of different countries who dressed differently and spoke different diverse languages, but we all wore the same pin that represented the logo of Rotary. So even though I was part of “big” Rotary that week, I realized that big events remind us that, forgive the pun, it’s a small world after all. The 33,000+ Rotarians that were in Atlanta were there for much of the same reason - exploring new ways and building new relationships to make the world a better place.

Now ten years later, having just returned from Taipei, I look back and realize that I have attended eight of the last nine Conventions since that first one in Atlanta, and while each one has been different than the others, they have all included at least one thing of common - celebrating the joy that we bring to Rotary and that Rotary provides to each of us. Whether it be the sights we see, the various foods we experience, the culture of the venue, or just the overall friendliness and hospitality of the organizing communities that you see in these photographs, Rotary has shown me in a small amount of time such great wonders that I would not have embraced were it not for our organization.

Statistics show that over half of us in District 7545 have never attended another Club’s meeting or event other than our own, and more than 75% of us have never even been to our own District Conference. Maybe that’s where you need to lean forward first. But if you’re really ready to see what “big” Rotary looks like while also being reminded that it’s our “small” Rotary that affords us such opportunities, I encourage every one of you reading this message to consider attending the next International Convention, being held in Barcelona, Spain in June 2027. Registration opens in September, and I would be glad to give you more insight on the practicality of attending an International Convention in the meantime. It’s great to be home from Taipei, but believe me when I tell you I’m already looking forward to next year.

Hope to see you there,

PDG Sean Sawyer

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## LET’S HEAR IT FROM YOU!

Don't keep your club's success a secret! The District Pulse is always looking for stories, photos, and updates from clubs across District 7545. Whether it's a service project, fundraiser, fellowship event, youth program, or member recognition, your stories inspire fellow Rotarians and showcase the impact of Rotary in our communities. Share your news with us and help keep the Pulse beating strong!

Send your stories to Caroline Smith, Pulse editor & fellow Rotarian, at [caroline.sutton.smith@gmail.com](mailto:caroline.sutton.smith@gmail.com).



Let's Connect:



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